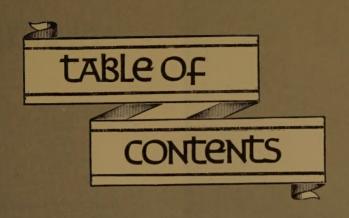


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LETTERS	
PRAYER FROM THE HEART by Sri Swami Satchidananda	
FULL LIFE by Sri Swami Sivananda	
REFLECTIONS by Sri Swami Venkatesananda	
A SIMPLE MESSAGE OF HOPE by Prue Kestner	
CHILDREN OF DHARMA by Swami Sarvaananda Ma	
RE-FINEMENT by Joan Metzner, M.M.	
THE HIGH COURT JUDGE	
THE SONG OF THE FREE by Sri Swami Vivekananda	
SUPERHEALTH by Amrita Sandra McLanahan, M.D.	
DAY BY DAY WITH SRI GURUDEV	





#### INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga including Hatha, Raja, Karma, Bhakti, and Inana Yogas — as well as instruction in vogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers.

The LOTUS (Light Of Truth Universal Shrine) - a shrine dedicated to the Light of all faiths and to world peace - is open to the public and is located in Yogaville,

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Thank you, thank you for letting us in the radiance of your love, for sh with us your inspired view of life ar meaning and for giving so generous your time and gracious hospitality

It was a joy to be included with spiritual family as they gathered tog in devotion Saturday evening. Or two occasions that we were together you we felt that we were all envelop a spiritual presence, a presence tha transcended our intellectual exchar It was, for us, like being together ir very heart of Love.

Your awareness of universal Tru touchingly, delicately and beautif expressed in every detail of the LOT Meditating there at noon was a lo

experience.

Again, dear Swamiji, please ac our heartfelt gratitude for your lov kindness to us and for the contribu you are making to mankind.

B.& E. Epps Carmel, CA

After leaving the Ashram I've com feel the benefits of my time there. I g I had to leave to realize all the good. life feels more complete now and I back with fond memories and good ings. Thank you for the opportunity the time—the life and the teachi OM Shanthi.

R.P.Charlottesville,

# ri Gurudev

writing to extend greetings of the on and to send my love to you on the sion of your Jayanthi.

nce I was raised in the Christian it is very natural for me to celebrate wirth of my Savior at this time of Since I have become your disciple, stmas has much more meaning for and Jesus' promise of "I will come h," has been fulfilled.

ank you, Gurudev, for all the blessyou have showered upon me. Thank for showing me the possibility of

ne Life. I.H.

cConnellsburg, PA

nt you to know how very much I love reasure this relationship of guru and ple that I have with you. It is my joy such a blessing from God!

ne Holy Spirit has filled my heart thanks and praise for all the lessons nave taught me and continue to teach

u have taken my hand and walked me through the valleys. I am so eful for your presence. You are the g example of your teachings, with wisdom and humor, peace and lness. How the Lord has blessed by bringing me into your company, se the Lord! Thanks to Him for you

3.H. hicago, IL



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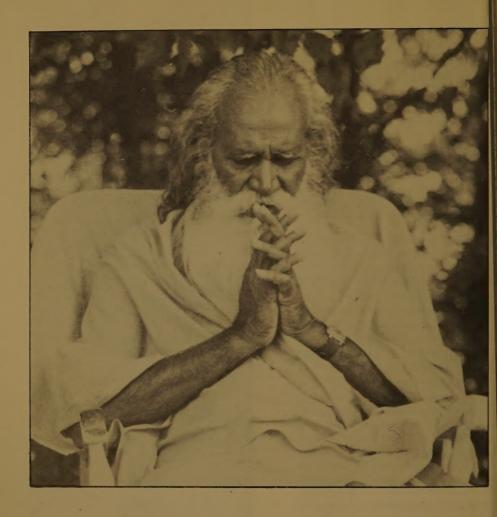
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SRI SWAMI SATCHIDANANDA (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residence is in Buckingham, Virginia. In response to invitations from around the globe, he travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.



# Prayer from the Heart

Prayers are powerful, good thoughts. A sincere prayer that comes from a faithful heart can perform miracles. Have that faith. Many, many things can happen by

prayer. A great thinker once said: "More things are wrought by prayer than this world dreams of."

God is really everywhere, not in a particular form, but as an omnipresent awareness or power. God is consciousness itself. By your concentrated sincere prayer, you are tuning in to your mental radio to receive that power. By tuning the radio you are not creating music. It is already there; your tuning merely attracts the radio waves. When you tune your mind to the proper wavelength, you will receive God's grace and experience

#### by Sri Swami Satchidananda

Cosmic Consciousness.

If your prayer is not answered, don't plame God for that. You may pray for ten vears and get nothing, whereas someoody else might pray for one minute and get everything. This depends on the quality of your prayer, how honestly and sincerely you pray. The sincerity in seeking comes only when you know that you have a limited capacity. It's only when you say, "I can't do it anymore, please help me," that the help comes. You then link yourself with an unlimited capacity. Sometimes God acts like a hard-hearted person, waiting until you really give up and the last bit of your egoism is renounced.

If you want God to come in, make room. When you become aware of your smallness, it opens your mind. All of nature is ready to give it to you. You need not go and praise the sun to get light. Just open the window and the sunlight comes in. As long as you don't put up a barrier, you get light. In the same way, God is ready to help you. Don't allow your pride to get between you and God's help.

In prayer, you may use a lot of words, but that is not the real prayer. The real prayer comes after you finish speaking. The words simply prepare your mind. You finish the prayer and you just become still. In deep prayer, you forget everything. You forget your body, mind, and personality. You lose yourself.

Deep prayer comes from the heart. It's not the head that prays, it's the heart. When you sing or pray to God from your heart, you don't have to worry if you hit the right note. God understands our in-

nermost prayers. Many children communicate with their mothers in this way, by sounds that no one else understands. Sometimes when the baby cries, only the mother understands; there is a special language.

A true devotee is the one who has complete faith in God. He trusts in God as a baby trusts the mother. She accepts everything in life as God's will. She never questions God. And in prayer she just expresses trust and faith. She doesn't even ask anything from God. She knows that God will give everything needed even without asking, and will not give anything that is not good even if asked for.

In the *Bhagavad Gita* four kinds of devotees are mentioned. The first asks God to remove his suffering. The second requests material things. The third prays for liberation. But the fourth does not ask for anything. He just enjoys praying and praising God. This is the highest form of

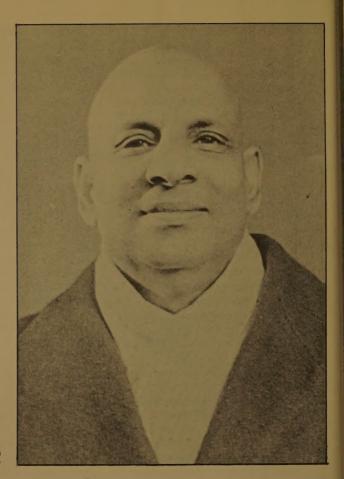
prayer.

The great South Indian saint Ramalingam prayed to the Lord: "You are feeding me; I am fed. You are making me sleep; I am sleeping. You are showing me; I am seeing. You are making me happy; I am happy. And not only me—the entire universe is like that. You are the One behind every movement, every experience." If you want to have a prayer, pray to God to help you to always remember this Truth: that you are God's child and God is taking care of you every minute.

from The LOTUS Prayer Book.

Experience is not what happens to you; it is what you do with what happens to you.

- Aldous Huxley



# **Full Life**

#### -by Sri Swami Sivananda

See life as a whole. Have a comprehensive view of life. All life is one. All life proceeds from the Absolute, which is the one and only reality. The Lord breathes in all life. All is one. The world is one home. All are members of one human family. All creation is an organic whole. No person is independent of that whole. Man makes himself miserable by separating himself from others. Separation is death. Unity is eternal life. Cultivate cosmic love. Include all. Embrace all. Recognize the worth of others. Destroy all barriers that separate man from man. Recognize the non-dual principle, the immortal essence, within all creatures. Protect animals. Let all life be sacred. Then this world will be a paradise of beauty, a heaven of peace and tranquility.

Smile with the flower and the green grass. Play with the butterflies, birds and deer. Shake hands with the shrubs, ferns and twigs of trees. Talk to the rainbow, wind, stars and the sun. Converse with the running brooks and the waves of the sea. Develop friendship with all your neighbors, dogs, cats, cows, human beings, trees, flowers, etc. Then you will have a wide, perfect, rich, full life. You will realize oneness or unity of life. This experience can hardly be described in words. You will have to feel it yourself.

### Reflections

#### by Sri Swami Venkatesananda

Listening to a teaching is a door which can enable me to enter into the realm of direct knowledge or to escape from the painful necessity of understanding. And understanding is very painful. It is far more pleasant to listen to a talk and think I have understood and then continue with my gossip. "Of course I have understood. I have even taken notes and tape recorded it so that I can listen to it whenever I have forgotten all those words." But to understand is a very painful thing.

All those words are in the dictionary, and if the dictionary is not wise, I will not be wise either. But who knows the meaning of those words? In Sanskrit the word meaning has another meaning. Artha. Artha is not paraphrasing. Artha means the object, the stuff, the reality. A word is a mere description — and what we call meaning is a mere paraphrase of the original word; the original word converted into a dozen words.

One teaching is enough for self-realization, but not if it is just words. If it is just words and I give myself credit for understanding them, then they lock me up. To use the analogy of the door, they form an escape, an escape from the necessity of really coming to grips with the problem. The illusion of understanding is a door that opens out, enabling me to

escape from enlightenment.

However, the same teaching can be used as an entrance into myself rather than an escape. But this teaching becomes a door to the shrine of knowledge only if I listen properly, with no preconceived notions, entering into myself and re-examining all those things that I have taken for granted.

In order for this to happen, I must listen with all my being, without any assumptions whatsoever, and then reflect. The teaching has been heard and now my whole being must reflect it. If I stand in front of a mirror, it reflects me without altering me. Can this teaching be reflected in me in the same way? Can I reflect the teaching in such a way that it is steady, absolutely steady, staring at me as I am staring at it? Then there is a relationship of identity formed between me and the teaching. And with a very pleasant shock, I realize that I am the teaching.

# A Simple Message of Hope

by Prue Kestner

I was fortunate to be one of a small audience with the Dalai Lama last week. 21 September. He embodies a true spiritual teacher. He said (and I paraphrase): "And how has your spiritual practice been developing in the past four years? If it is like mine, and I am now not just a spiritual leader but a politician as well, you may be busy and not have time for long extended periods of focus. How can I then continue in my practice? First of all, I try to find one day every three or four months when I can go into retreat. Secondly, each night before I sleep, I sit quietly for twenty minutes or so and review my day. Thinking, 'What did I do well? What might I have done better?' In this awareness, I consider the day to come. And I commit to a better day tomorrow on the basis of the information which comes to my awareness."

This is such a simple message, but it reminds me that these truly spiritual teachers teach such simple messages. They understand the human condition and offer more possible and obtainable goals. They do not require people to turn 180 degrees from what they are, but ask only that they be the best that they can be. It gives me hope!

Prue Kestner is the President of the International Yoga Teachers Association.



Integral Yoga® International

Buckingham, Virginia

Raja Yoga Silent Retreat with Sri Swami Satchidananda and Gerard Blitz Easter Weekend, March 31—April 3

Those who are new or long-time students of Integral Yoga are welcome to join us for this very special retreat. We are honored that Sri Swami Satchidananda will be joining us, along with Mr. Gerard Blitz, founder of the European Union of National Yoga Federations.

This retreat focuses on practical applications for the timeless teachings of Patanjali's Raja Yoga Sutras. Enjoy silence, thorough daily instruction in the most important practices of Integral Yoga and a regular schedule of asana (hatha yoga postures), pranayama (breathing techniques), and meditation. Highlights include holiday observances of Passover and Easter.

Contribution: \$175 dorm; \$260 private accommodations For information: Programs Department Satchidananda Ashram Buckingham, VA. 23921 (804) 969-3121



The date was Saturday, 1 August 1987. The puja was finished. The room was hushed. There wasn't a dry eye in sight. Sri Gurudev was among those asking for kleenex. The feeling was one of unbounded love and joy, serious purpose, and great family unity. Yogaville's first "Child of Dharma" celebration was taking place. Four teenagers—Padma Knight, Radha Metro, Mohini Shapero, and Gita Wenzel—were participating in the yogic version of a confirmation or bas mitzvah, a coming of age recognition and a commitment to a moral and spiritual philosophy.

Together they recited: "Age is not always a sign of wisdom; but wisdom often comes with age. As a child I was cared for and looked after by my parents, teachers and others who wished my welfare. I have been well served and benefitted by their guidance and love. Now, as

I enter into adulthood, the time has come for me to assume greater responsibilities, for my own health and well-being as well as for those around me. I will aspire to practice what yoga teaches; to serve others in any way I can, to promote their physical, material, mental and spiritual welfare and to do so as selflessly as possible knowing that: 'The dedicated ever enjoy supreme peace.' I will also remember that even when I cannot serve others, I should at least refrain from harming

They were then given the Maha Mrityunjaya Mantram to recite daily, and a signed copy of Integral Yoga: the Yoga Sutras of Patanjali with commentary by Sri Gurudev. All of these tools are intended to provide guidance and spiritual energy, to serve each of them on their own spiritual paths.

After the recitation, each participant

#### by Swami Sarvaananda Ma

The first Children of Dharma with Sri Gurudev. Left to Right: Radha Metro, Padma Knight, Gita Wenzel. Mohini Shapero. offered a written sharing. Gita spoke about seeing the Lord in everyone, the need for detachment, and how "God is All, All are One." Padma spoke about service and how to serve with the whole of one's heart, and how to let go of one's ego so that this whole heartedness can shine through. Mohini spoke about peace, about how we can all contribute to peace as "drops do make oceans." Radha presented the following poem, which captured the mood of the whole ceremony:

Just as a flower will bloom and grow, So does a child though it never knows. They gain new knowledge of what life's about.

But with this insight they seem to gain doubt.

They begin to long for life's worldly pleasures,

They lose faith in God and Beloved Mother Nature.

The heart yearns to be free and screams out in vain,

It seems as if there's no end to pain.

People are saying what you really must do,

They tell you how to act, what to say, how to be you.

Still within all the confusion a little voice speaks,

Tells you how to hold onto life, be bold never meek.

It says follow what you feel, what you think is right,

Leave all the rest to their neverending plight.

Hold on to God and your deep love for him.

Let flow out the joy you feel deep within. I know then there's hope for me this very day.

When I trust in God and let Him mold me His way.

After they shared their writings, Sri Gurudev said: "It is not that they are just now coming of age. They have already come of age. It is just now that we are recognizing it." Proud parents, teachers

and friends then shared advice, heart-felt love, and said what the commitment meant to them as they saw the children growing into adulthood.

Sri Gurudev commented on how special this day was for all, and how proud he was to see them embrace yoga and apply the teachings to their every action. He said: "Last night they took me to see Superman IV. Here are the Supergirls 4. It took 21 years to create 4 supergirls." He then advised them to keep it up, no matter what happens. There is no need to be an 'anybody' — they can be a somebody. He told them that they are never alone, they have the full support of the entire Yogaville and all the members. If there is any difficulty there are many people they can approach for advice or help. He said: "When these people [the adults in the community] were like you, they never had such support, such Sangha. They had to crawl. You must have been great souls before, that is why you were selected and took birth here. You are fortunate and blessed. Keep the teachings in your heart, you do not have to be afraid of anything...You are always safe if you think, speak, and do everything without trying to hide. A clean person doesn't need to hide. Everything should be an open book." He then told them that: "It will prepare you to be ambassadors bringing yoga to the four corners of the world." Later, at a celebration meal, Sri Gurudev additionally blessed the girls by offering a coconut to ward off any negative energy that might come their way.

Hearts bursting with joy and stomachs full of loving food, everyone returned to Satsang in honor of Sri Gurudev's 21 years of service in the United States. In this way we celebrated two very special coming of age ceremonies!

Six weeks later, the girls and their parents were asked to comment on their feelings about the ceremony. Gita said: "This ceremony made me realize more than ever my responsibilities toward others and myself. It also made me realize that I really was growing up — not just physically, but emotionally, and, most impor-

tantly, spiritually." Padma responded by describing the dilemma she had felt prior to the ceremony as to whether she was too young to do it and should maybe wait until next year. But: "I did become a Child of Dharma. I made my decision, and I am happy about the decision I made." Mohini felt: "It was to me a ceremony of new awakening...all of a sudden I could accept so much better what I have to do in life right now." Radha also expressed previous confusion: "I felt myself longing for someone to tell me how to be an adult. I needed someone to explain what was required of me and when my new life would take hold. Then my beloved Guru gave me the answer...the ceremony reminded me that all I could do was my best, and the rest would fall into place."

The parents were naturally full of admiration, pride and deep joy: "I know now that at the age of thirteen the teachings are fully a part of my daughter and will protect her throughout her life." "On their own they are accepting the teachings we had hoped would be the basis of their lives. In fact they are approaching this commitment with much more real understanding and heart than many of us did as adults." "The hearts of us all were filled to see our 'first batch' grow from babies into such lovely examples of our Master's teachings." "It was so moving to hear the yow recited. The words I will aspire to practice what yoga teaches, to serve others in any way I can'...what more could a parent wish for a child?"

One day I said to Original Self, "How are you feeling today?"
"I'm feeling FINE, indeed I AM and I hope to remain that way."

But unfortunately a subtle process of de-fine-ation began and Original Self was lost sight of in its peaceful state of I AM.

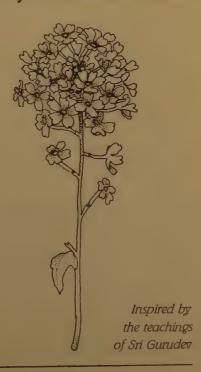
"I am...a banker; I am...a Texan I am...nearly broke." All these de-fine-ations crept in to create an unbearable yoke.

One day a man from out of the East pointed out the need to re-fine.
"Let go of the definitions," he said, "let go of my and mine."

"Awaken to that original scene to that blessed point of 'I AM'.

Then play your roles with great finesse be it lion or eagle or lamb."

# Re-Finement by Joan Metzner, M.M.



### Sivarathiri

by Sri Swami Satchidananda translated from the Tamil by Mrs. R. Rasiah

#### The Glory of Fasting

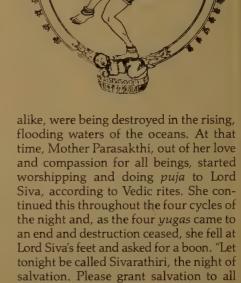
Every religion teaches the way to attain God. Though they differ in their teachings, approach, methods, symbols and forms of worship, the fundamentals are the same. One of the major similarities in the teachings is that fasting purifies the mind and body, thereby enabling greater concentration and meditation.

Fasting is done for various reasons and to differing degrees of abstinence to suit individual needs. Fasting done as a religious observance is particularly meaningful. All our senses become controlled and directed toward thinking only of God. Our eyes focus on the divine object of meditation; our ears hear the hymns of God; our mouth sings His praises; our hands make offerings of puja or repeat the rosary; our thoughts mingle with the Divine vibration. Thus all our thoughts. words and deeds are dedicated to God, and, no matter what religion we may belong to, the religious fast brings peace and happiness.

According to the Hindu religious calendar, days of fast are many, done in particular ways to honor the different deities. Out of these, the holy Sivarathiri fast is considered the most glorious for whether you do it correctly, knowing the meaning of what you are doing, or whether you do it unknowingly, the benefits are the same.

#### The Origin of Sivarathiri

Brahma's creation had reached an end and darkness had overcome the world. All creation, nature and living beings



those (humans and gods alike) who keep

awake, fast, and pray to you throughout

the night," she pleaded. Her boon was

granted and, according to the scriptures,

anyone who observes Sivarathiri, will be

#### The Hunter

granted salvation.

An example of this is seen in the story of the Hunter. The story goes that once there was a hunter who could not get his prey. The whole day he starved and searched for animals, but he could not find any. By nightfall, not wishing to go back home empty-handed, he went to the riverside to surprise any animals who came there to drink; but on that day he could not find a single one. By now he was thoroughly exhausted and so he

went to a nearby tree to spend the night. Searing the onslaught of wandering wild animals he climbed the tree, and then, to keep awake so that he might not fall off the branch, he started to pick the leaves one by one, dropping them to the ground. He did this until dawn. But the hunter did not know that he was on a vilva tree, the leaves of which are used for special pujas to Lord Siva; or that a Sivalingam (the symbol of Lord Siva) was under the tree. Nor did he realize that he was dropping the leaves on the lingam. By morning he had attained liberation!

The hunter by profession fasted on that day only through necessity. He did not know the greatness of the vilva leaves or of the *lingam*. Yet he fasted, stayed awake all through the night, and did *puja* (dropping the leaves). Even though he did not know what he was doing, the most important thing was that he had had no worldly thoughts during this time, he was intent only on staying awake. Thus

he had unknowingly observed Sivarathiri and thus gained salvation.

#### The Sivarathiri Fast

The Sivarathiri Fast is observed by fasting the whole day and night and then the fast is broken with a light meal the next morning. The whole night should be spent in prayers: Nama Sankirtan Akanda Nama Bhajan, puja, and repeating a mantram with one's thoughts only on the Divine.

Those of poor health or the aged, who cannot do this fast, can take fruit, juice, or even saltless boiled vegetables, according to their needs. The most important factor is that they should be able to concentrate on their prayers. Without concentration the purpose of the fast is lost.

Dedicating one's entire thoughts, words and deeds to the worship of the Lord is Sivarathiri.

from Sri Gurudev's radio talk in Sri Lanka, 1960

# The High Court Judge

On Mahatma Gandhi's 60th birthday, he told the following story to a friend:

There was a High Court Judge in Madras who had the habit, everyday after work, of going to his mother's house and serving her in whatever way she might require.

This was his daily habit and each day he went at the same time. One day he left the court and stopped to spend a little time with some friends. He was late when he arrived at his mother's home.

She was waiting for him outside on the veranda. When he came close to her, she slapped him on the face and asked why he had not come in time. Tears came to his face and he wiped them with his handkerchief.

One of the Judge's friends was watching this from the road. He later questioned the Judge, asking how it could be that he, a person of such great stature, so greatly respected in the community, could bear this treatment?

The Judge explained to his friend, "I am not wiping away tears of anger or humiliation or annoyance or embarrassment. I do not feel any of these things. To have my mother slap me does not cause me any humiliation or pain. I consider it a privilege to receive a slap from her. But the reason I am crying is that I am thinking of the times in the past when I received a slap from my mother. Those times, the slap was more forceful and strong. This slap today was much weaker and it makes me realize the weakened condition of my mother, and that makes me weep."

Courtesy of "Er Ulavan." Translated from the Tamil by Sri Gurudev.



# THE SONG OF THE FREE

by Sri Swami Vivekananda

The wounded snake its hood unfurls, The flame stirred up doth blaze, The desert air resounds the calls Of heart-struck lion's rage:

The cloud puts forth its deluge strength When lightening cleaves its breast, When the soul is stirred to its inmost depth Great ones unfold their best!

Let eyes grow dim and heart grow faint And friendship fail and love betray, Let Fate its hundred horrors send And clotted darkness block the way –

All nature wear one angry frown To crush you out – still know, my soul, You are Divine. March on and on, Nor right nor left, but to the goal!

Nor angel I, nor man nor brute, Nor body, mind, nor he nor she; The books do stop in wonder mute To tell my nature – I am He!

Before the sun, the moon, the earth, Before the stars or comets free, Before e'en Time has had its birth – I was, I am, and I will be!

The beauteous earth, the glorious sun, The calm sweet moon, the spangled sky, Causation's laws do make them run, They live in bonds, in bonds they die –

And mind its mantle, dreamy net, Casts o'er them all and holds them fast. In warp and woof of thought are set Earth, hells and heavens, or worst or best.

Know these are but the outer crust – All space and time, all effect, cause, I am beyond all sense, all thought, The Witness of the Universe!

Not two nor many, 'tis but One. And thus in me all me's I have, I cannot hate, I cannot shun Myself from me – I can but love!

From dreams awake, from bonds be free! Be not afraid. This mystery, My shadow, cannot frighten me! Know once for all that I am He!



# The Road to SuperHealth

#### Part II

In our last issue, Dr. McLanahan talked about many of the problems in our modern society that contribute to disease. In this second part of her two-part article, she gives practical advice for making positive, healthy changes in our lives.

he most useful first step toward personal and planetary therapy would seem to be a shift in the experience of separation from each other. Perhaps we can learn to appreciate the interesting individual diversity while also feeling an underlying unity. Principles of modern physics may offer some perspective on this aim.

The practice of Western science has resulted in a viewpoint based on separation—considering, for example, the head independent from the heart, or each part of the body as an individual entity. Newer appreciation of the relationship of mind to body, of course, has indicated the possibility of an underlying, constant, ever-flowing connection among all things. One saying of modern physics expresses it particularly beautifully: "A butterfly can't flap its wings in Delhi without creating a breeze in New York City."

Instead of a universe consisting of separate parts that interact against a background of nothingness, then, a shift in the basic scientific paradigm can be contributed by modern physics. If an observer looks for particles, they can be seen, but a wave-looker will see waves. The characteristics of a wave make it constantly and always connected.

A new way of looking at the universe, then, is to see it as a web in which everything is linked. Any action that we undertake would have a reaction throughout the entire world. Rupert Sheldrake, a plant physiologist from London, has proposed a new theory of science rooted in similar concepts. He proposes the existence of "morphogenetic resonance," fields of consciousness connecting everything. A long-known phenomenon in science observes that if rats are taught to run a maze in New York City, and then the same maze is presented to rats in another city such as London, the second group of rats learns to run the maze faster.

If we begin to think of ourselves and ur universe as made of waves, always connected to everything else, a new nodel of ourselves and our world is reated. The deepest philosophy of all eligions expresses this principle. The word "religion" comes from the root re-ligio," to "bind back," to feel connected o a larger whole. Perhaps we can begin o re-integrate beliefs from science with hose from religion, for the benefit of oth. Einstein said, "Religion without cience is dumb, but science without religion is blind." As Ram Dass states, all teligions "call us, in one voice, to underake the journey back to unity." Both religion and science may be necessary in order to go through the human journey with great aliveness, great possibilities, and-most of all-freedom from dis-

How we answer the question of what we are doing here profoundly influences the way we respond to the stressors in our lives and to our susceptibility to illnesses following major life events. It may be for this reason that people who attend religious services have a higher survival rate after a heart attack. The particular religion may be your choice, but the best resolution may be to see both the forest and the trees, the particles acting separately and the waves always connected, religion and science, the individual and the underlying universal

Superhealth

Ifamily.

If we look at what causes individual disease, even if we begin by focusing on factors such as cigarettes, alcohol, overeating, eating the wrong foods and stress, we see these causes are interrelated. We choose an unhealthy lifestyle when we feel affected by stress.

Many mechanisms may be useful in allowing us to modify our individual response to stress. Meditation is one of the most powerful. Its benefits have been studied for many years in India and, more recently, in modern America.

Breathing slows, blood pressure falls, pulse slows, the metabolic rate is lowered. Studies conducted by Herbert Benson and others at Harvard and elsewhere have demonstrated a "hypometabolic state," where the body slows its metabolic rate to such an extent that the cells actually need less oxygen because they are not working as hard.

Why does the body do this? The mind is changed, and the body reflects the mind. Thoughts held in the mind cause corresponding changes in the body. If the thoughts are very peaceful, the body gets a profound rest. Lactic acid and carbon dioxide do not accumulate in the body as they do during sleep. Current scientific research reveals that profound meditation is even more restful to the body than sleep, during which we often tense our muscles.

Because the yoga practices help make your sleep more restful, sleep itself also becomes more efficient, so that as you continue to practice the various yoga asanas, you tend to need less sleep, leaving you an increased number of alert, productive hours.

The yoga postures also act to calm the mind by beginning with the body. Tension in the muscles, often the result of stress or vigorous exercise, is eased away. The body becomes flexible, and this may in addition influence the mind to be more flexible during times of stress.

If you can become healthy in this way yourself, and if Dr. Sheldrake is correct, a resonance begins. If you start with yourself, becoming more relaxed and peaceful and creating "family" with every person you meet, it will have consequences for us all, for our whole Spaceship Earth.

By some accounts, we think up to 600 thoughts per minute. Every time one of these thoughts is negative, separating or judgmental, it has a negative effect upon our bodies. Muscle testing after negative thoughts reveals weaker muscles. Norman Cousins measured his white cell functions, then spent five minutes thinking as many positive thoughts as he

could. When he rested, all the functions

had improved.

Thought may also have an external effect. The strength of the physical electrical vibration going out from the brain can be measured by the EEG. We needn't think of ESP as something necessarily weird, apart from scientific principles. Science can look at all of these phenomena. We don't have to step outside science to explain what have traditionally been called miracles. If the universe is a vibration, a wave, we have the capacity to change and pick up on other parts of the web.

A personal experience of family and communion has been taught for 5000 years in the tradition of yoga. The word "yoga" itself means "union," or "communion." What is that communion with? It is with everything, at every moment, with every person, with every object with every step, you are here, present, communing with it. It's this that allows us to have heaven on earth, to have a heaven in every moment. If we walk down the hall, for example, with our minds on other things, we miss the experience of walking down the hall, the joy that being in the moment can bring. We are not here, so we can't have a heaven here. We can't be in what we do.

Most fundamentally, this may be what leads to disease. Change (stress) is life. Everything that has life changes. But from childhood we are educated in our culture to find our security "out there," and change becomes threatening. With this new definition of family, this new vision of what a family is, we may be able to accept change in a new way. In other words, if our family is everywhere. in every person and in every thing, then we are always "home." No possibility exists for us to be anywhere else but "home." We are always with our family, our most beloved; our most intimate family is always around us. Then there may also be a possibility of peace on earth.

An illness may have a meaning, a reason. It may say something about what

is going on in our lives. If we tune in to the meaning or reasons behind the illness, it can become a friend from whom we receive information. It can alert us to the lost sense of connectedness, a sense of separation from each moment. The saying "Ride the horse in the direction it's going" is another way of stating that a flexible mind can see something positive in each situation.

When we lose our sense of purpose, we may develop rigidity in the body and mind, leading to illness. If we get happiness only from our spouse, for example, but not from walking down the hall or greeting the grocery clerk or being in the presence of other people, then it's a setup for a later upset. To the extent that we have any expectations for our happiness dependent upon any person or event in our lives, we set ourselves up, we prepare the way for illness or disease.

We may have a natural state of ease, of peace, of heaven within us. It is the connectedness, yoga, union, communion, samadhi, nirvana, the natural state of things, our real self, our true being, who we really are. When we disturb this by physical abuse, mental stress, and loss of our feeling of connection to all things, we develop disease. When we see ourselves as part of one thing, one web, one universe, and realize and experience this, we can always have peace within ourselves, maintain our health, and create a planet that works for everyone through a love that is large enough not to leave anyone out. We can become universally inclusive, radiantly healthy individuals and, hopefully, have a more healthy planet upon which to live.

Sandra Amrita McLanahan, M.D. is a senior disciple of Sri Swami Satchidananda. A highly-acclaimed speaker and nationally recognized authority on preventive medicine, stress reduction and primary family health care, Amrita is the Founder and Director of Integral Health Services.





lichmond: To Serve, Stay Calm

On 15 October, Sri Gurudev gave a ublic talk at the Virginia Commonwealth University, in Richmond. There was much preparation to do, and the lichmond Sangha rose to the occasion, making the event a true reflection of levotional karma yoga.

Before Sri Gurudev's talk, beautiful lassical music was performed by guiarist Carlos Pozzi, and flutist Henri Maizels. Then Dr. Walter Coppedge, a ong-time devotee of Sri Gurudev and professor of English Literature at the Virinia Commonwealth University, gave a neart-felt introduction.

Sri Gurudev talked about education, and how the real purpose of education is so that we may know the absolute ruth—our own true Self. This is because knowledge of things outside of one's self does not give any real peace. For example, knowledge has given us the echnology to create weapons that could destroy the world; but if we know ourselves, then we will see with a spiritual eye and know that everything is of one pirit. Then we can use our knowledge in a correct way, that is, for the benefit of others.

Some memorable quotes from this talk

What is the cause for all your disturpance? Selfish living!"

'Try making one week a selfless week. See how it goes. You will never be disappointed!"

'Don't worry. If you worry you cannot serve. If you want to serve, stay calm."

"The coming and going of things are two sides of the same coin."

-Uma Pedrosa

#### Philadelphia: Yoga Research Society Conference

For each of the past twelve years, the Yoga Research Society (YRS) has provided a platform for outstanding researchers, teachers, writers, philosophers and artists to share their experiences and discoveries. YRS was founded by Dr. Vijayendra Pratap (who is also director of the SKY Foundation), a student of Sri Swami Kuvalayananda. Swami Kuvalayanandaji founded India's famed Yoga Institute, Kaivalyadhama, which will be visited on the India Tour by Sri Gurudev and The Lotus Center for Health staff.

Sri Gurudev and Dr. Pratap have known each other for a number of years, and they have been featured speakers at various yoga conferences. This was Gurudev's second YRS conference. Speakers this year included, among others, Dr. John Lilly and Dr. Herbert Benson. The theme of the conference, held in Philadelphia, 24-25 October, was: "Yoga, Science and Spirituality."

Following a candlelight dinner, Sri Gurudev addressed the gathering on the topic: "Yoga—the Science of Religion." He said that: "Science plus God is religion; religion minus God is science...No one knows what God is. We understand God in our own limited way. To really

know God, we must rise to the level of the unlimited, the infinite. Yoga helps us to raise our limited mind to that unlimited state."

Sri Gurudev also spoke about the role of adversities in life: "You want peace, so you go to the country, to a quiet and peaceful place. You go somewhere where no one and nothing will disturb your peace. But where is there a place like that? You cannot go away to find peace, for you take your own shadow with you always. So stay put and face things. In the din and bustle of the city, if you can keep your peace, that is true Yoga. Adversities are sent to us purposely, to turn us toward the Divine. It is only in adversity that we look toward God."

-Swami Premananda

#### New York: Miracles Do Happen

On October 24, Sri Gurudev arrived at the Hunan Balcony restaurant on New York's Upper West Side to be the guest of honor at a benefit dinner. This time it was not to raise funds for LOTUS, but to help defray the tremendous costs of renovating the New York IYI. The private room was packed with approximately 108 devotees who enjoyed an extraordinarily delicious Chinese feast, which, naturally, ended with fortune cookies. One person got a cookie with three fortunes in it! What did they say? 1. Your mind is creative, original and alert. 2. You never hesitate to tackle the most difficult problems. 3. Find release from your cares, have a good time!

Sri Gurudev read aloud some of the fortunes that had been opened by a few of the guests, notably Rabbi Joseph Gelberman, Peter Max, Arjuna Zurbel, and Deva Barrett. After the fortune cookies had imparted their wisdom, Chaitanya and Kavita serenaded everyone with their heartfelt songs. Then Sri Gurudev shared some of his wisdom.

"It's always nice to be able to raise funds and have fun at the same time. That's the idea behind fun-raising! If we make our lives always fun-filled, then we will be very wealthy. Just remember that we come with nothing and we go with nothing. So intelligent people will always make hay while the sun shines. We never know what will happen. We don't know if the stock market will go down more. So while you have something, make hay while the sun shines!

"You seem to love New York. I love it too. I started here in the U.S.A. I will never, never forget this place, or the first reception at Riverside Drive, with Liz and Peter sitting there, and their son Adam, (who, now age twenty-one, was present at the dinner) a baby at the time. It started in a very humble way, but by God's grace, it has slowly grown. Every moment I was able to feel the guidance of God. I don't think I or anyone could have done these things by ourselves. I never even dreamed of anything happening like this. Every minute, whenever there was a need, out of the blue came help."

Gurudev told the inspiring story, given in full detail in his biography, about how the money was given at the last minute for the deposit on the 13th Street building. "Many, many things happen like that, every moment in every day, something, some miracle would happen. So it is God's work. That is why you are all drawn to this. Whether you consciously know it or not, God has picked you to lend a hand toward this project. Maybe you have earned this part of your money in a very beautiful way. I'll tell you a story.

"In India there was a man who supplied milk to the nearby town. Every month he went to collect the money. There was a river between the town and his village, and one day he had collected the money and was returning, when all of a sudden the river was flooded. As he tried to cross, the current was very strong and he fell down a couple of times. Immediately, when he reached the other shore, he checked to see that his money was still there in his pocket, but he found that unfortunately he had lost half of it. So he sat there and cried. A wise man

ame along and asked what had hapened. 'Sir, I had 1,000 rupees for my nilk, and now all I have is 500 rupees. Don't worry,' replied the wise man, 'your nilk money is in your pocket, your water noney went to the water.' The man had lways watered down the milk with water-every time he went to sell it, half of it was water. So the money for the nilk he had, while the rest of the money vent back to the water. So your good noney will always go for good purposes. Today you are making an investment in he real stock market. It will never go llown, you won't have to jump off the pridge!

"Your money is going for the good of many thousands of people. I always feel broud when people talk about the IY lers. Could we have grown so much without he good will of you all? So keep up this good will, as God wants it. Thank you.

May the light be with you."

#### It's All in the Mind

When Sri Gurudev gives a public talk in New York City, he normally speaks for a while on whatever subject has been selected as the title of the talk and then answers questions which have been previously submitted on cards and are placed in a box next to his chair. But during his 26 October talk at the Julia Richmond High School on East 67th Street, he didn't get to answer any questions.

The theme for the evening was, "The lHealing Power of the Mind." Posters advertising it had been spread throughout the city and there was a very large crowd for a Monday night—approximately 400 people.

Sri Gurudev said, "It's all in the mind, everything. Cobra poison in itself is not bad. It can be deadly or medicinal. Likewise, people are neither good or bad, it's how you view them. Some people love New York, others hate it. To one it's a hell, to another a heaven."

He then went on to tell, in intricate detail, a parable about a movie projector, likening the mind to a roll of film, the true self to a projection light, and the world to a silver screen. The film has been coated with a light-sensitive chemical, the sensitivity of which is measured by ASA, which happens to be the Sanskrit word for desire. None of the movie comes from the projection light, it comes from the film. And none of the images in the movie affect the screen. The movie we see depends entirely upon what is in our mind.

"Nothing is impossible to achieve," he said. "One can heal oneself completely of AIDS or any illness. We can make or break ourselves with our own minds."

Just before 10:00 p.m., Sri Gurudev glanced at his watch and saw how the evening had sped by. He picked up the untouched box of questions, shook it, and said, "I guess all the questions have been answered, have they not?" They certainly had!

-Karuna Kreps

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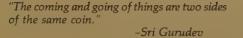
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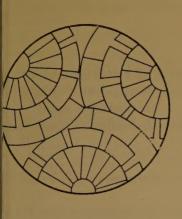
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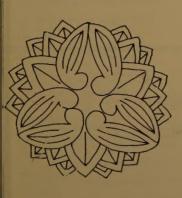


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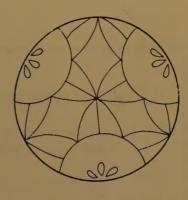


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-Sri Gurudev

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Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of Samadhi or Super-consciousness.

Japa Yoga The concentrated repetition of a mantram (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Swami Zatehidenmi